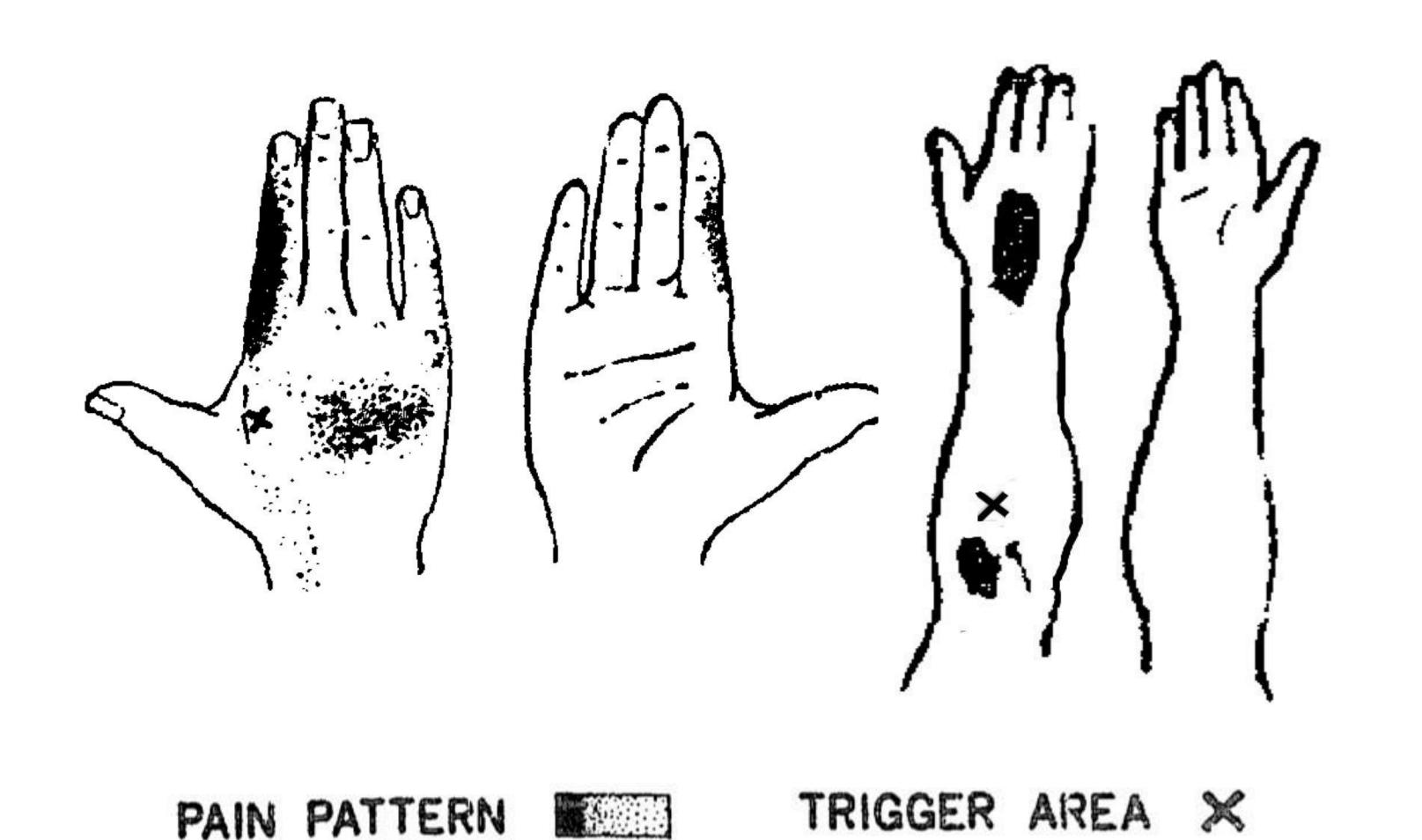
Reduce RSI Using Acupressure

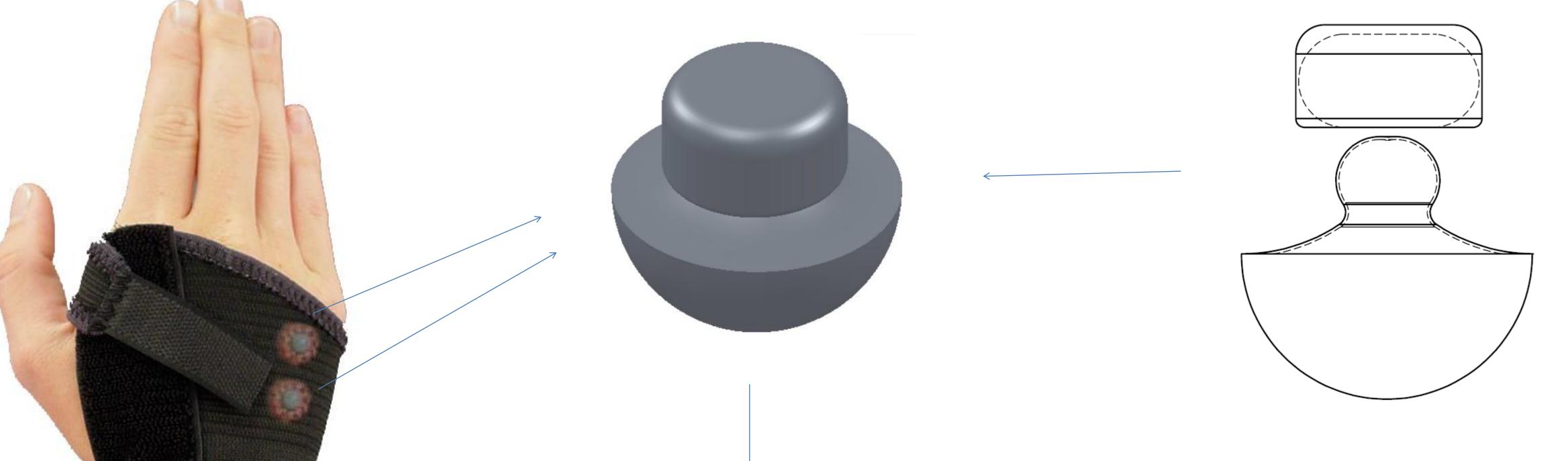
Take more effective break

Massage trigger points to
reduce fatigue in muscle.
When trigger points are
stimulated, neurochemicals
called endorphins are released
helping to relief pain.

Trigger Points Related to Pain Pattern







Snap Fastener

Attached massage head onto wrist brace.

[Easy to apply and remove]

Cost

Massage Head

Each Steel bead: \$ 0.5 Silica Gel Coating: \$ 1 Wrist Brace: \$ 15 -70

(depending on material)

- Users can choose their preferred wrist braces in the market.
- •Wrist brace is easy to wear.

stimulates the trigger points

Material: Stainless Steel Bead

coated with Silica Gel

[soft, stable, durable]

- Wear wrist brace does not affect circulation tasks in the library.
- Message heads can be applied to trigger points for other pains (consult acupuncturist).
- Message heads are cheap and can be replaced easily.
- The design concept is for but not limited to library workers.